

Workshop on PLAY

Date: 2nd January 2024

Organized by: The Department of Psychology

Resource Person: Ms. Marlene D'Souza

Report:

The Department of Psychology organized a workshop on "PLAY" as an integral part of the academic curriculum, aiming to provide students with insightful knowledge about the different facets and advantages of play. A group of 23 students were gathered for the workshop and derived significant benefits from the event.

The workshop was organised with great detail, and led by Ms. Marlene D'Souza, Consultant Clinical Psychologist currently working in Dubai.

The workshop commenced with a simple spiral activity inspired by Waldorf education, encouraging participants to observe and share their energy with others, this was followed with engaging activities including a Creative Introduction, recollection of a poem, a drawing exercise depicting strengths and weaknesses as superheroes and villains, a Target Game, a lecture on the different stages of play, crafting transition toys with clay and paper puppets, and group skit performances.

Throughout the workshop, Ms. D'Souza emphasized the significance of play by quoting, "Man is most nearly himself when he achieves the seriousness of a child at play." The session provided profound insights into the idea that play is not merely a source of relaxation but a crucial learning tool for children to understand their environment, themselves, and explore relationships as well as how it connects children to themselves and to the world. The workshop highlighted the stages of childhood, from early childhood to adolescence, during which children engage in play with varying purposes such as understanding boundaries, expressing emotions, forming attachments, exploring identity, and building confidence.

The workshop successfully achieved its objectives of providing students with a comprehensive understanding of how play is more than just a relaxing activity and the role it plays in child's life i.e., offering students a comprehensive understanding of play beyond its recreational aspects. It underscored the vital role 'play' plays in a child's life, contributing to their learning and personality development. In conclusion, the "PLAY" workshop proved to be an enlightening and informative event that not only deepened our theoretical understanding of play but also provided practical experiences of play and its impact through activities, and prompted introspection into our own

childhoods, revealing the profound impact of play on each individual student. Thus, the program stands as a valuable addition to our academic knowledge and life as a whole.

